I CLAIM:

1. A headrest comprising:

a headrest insert having two receivers, the two receivers independently moveable with respect to each other;

two headrest rods, each headrest rod having a fixed end positioned within a receiver of the two receivers.

2. The headrest of Claim 1 wherein the headrest insert further comprises at least one transition molded into an approximate center of the headrest insert.

3. The headrest of Claim 1 wherein the headrest insert forms a generally planar, unitary surface.

4. The headrest of Claim 3 wherein the headrest insert further comprises a corrugation positioned along the generally planar, unitary surface.

5. The headrest of Claim 1 wherein the headrest insert further comprises a joint positioned between the two receivers.

11. The headrest assembly of Claim 9 wherein the headrest guide is connected with respect to a seat frame of a vehicle.

12. The headrest assembly of Claim 9 wherein the headrest rods are fixed to the headrest insert on opposite sides of the coupling.

13. The headrest assembly of Claim 9 wherein the headrest insert tapers from each outer end toward a center portion.

14. A headrest guide for accepting two headrest rods, the headrest guide comprising:

two sleeves, each sleeve forming a channel; and

a plurality of rigid struts extending between the two sleeves so that centerlines of each channel are parallel with respect to one another.

15. The headrest guide of Claim 14 wherein the headrest guide is a unitary molded component.

16. The headrest guide of Claim 14 wherein each sleeve of the two sleeves further includes at least one retaining clip positioned with respect to an outer

6. The headrest of Claim 1 wherein the headrest insert is tapered between the two receivers.

7. The headrest of Claim 6 wherein the headrest insert further comprises an irregular surface at a maximum taper between the two receivers.

8. The headrest of Claim 1 wherein the headrest insert comprises a reduced thickness between the two receivers.

9. A headrest assembly comprising:

a headrest guide having two sleeves, each sleeve forming a channel, the two sleeves rigidly connected with respect to one another so that the channel of each sleeve is parallel with the other;

a headrest insert having a flexible coupling; and

two generally parallel rods, each rod fixed at one end with respect to the headrest insert and slideable at an opposite end with respect to one channel in the headrest guide.

10. The headrest assembly of Claim 9 wherein the headrest guide is an integrally molded, unitary component.

~~surface of the sleeve.~~

17. The headrest guide of Claim 14 wherein each sleeve of the two sleeves further comprises a receptacle positioned within a top portion of the sleeves, the receptacle for engaging a headrest cap.

18. The headrest guide of Claim 14 wherein the plurality of rigid struts comprise:

a first horizontal strut positioned between a respective upper region of each sleeve of the two sleeves;

a second horizontal strut positioned between a respective lower region of each sleeve of the two sleeves; and

two diagonal struts positioned between the upper region and the lower region of each sleeve of the two sleeves.

19. The headrest guide of Claim 14 wherein the headrest guide is connected to a guide frame that is further positioned within a seat frame.

20. The headrest guide of Claim 14 wherein the plurality of rigid struts are integrally molded with respect to the two sleeves.